

# Booster Lesson 1

## Motivating Resistance to Drugs

PROJECT  
**ALERT**



# Lesson Overview

## Lesson Goals

1. Remind students of the social, psychological, and physical consequences of drug use as a means of motivating resistance
2. Increase resistance self-efficacy by helping students understand the nature and variety of pressures to use drugs and by providing practice in resisting them

## Scope and Sequence with Pacing Guidance

1. Introduce Lesson (3 min.)
2. Discuss Consequences of Using Nicotine, Marijuana and Alcohol (8 min.)
3. Discuss Consequences of Misusing Prescription Drugs (5 min.)
4. Discuss Prevalence of Drug Use (3 min.)
5. Review Sources of Pressure (8 min.)
6. Play *Resisting Pressure Lines* Game (15 min.)
7. Wrap-up (2 min.)

## Brief Lesson Description

Booster lessons reinforce material learned in previous Project ALERT lessons. While the core lessons and booster lessons share goals and activities, new activities and audiovisual keep the material fresh. The booster lessons address the students' greater maturity, exposure to new situations and potential for more pressure. Games and skits, such as internal pressure scenarios, reflect how their "self-talk" may have changed between grade levels.

This lesson re-establishes the ground rules for Project ALERT, reviews the consequences of drug use and sources of pressure. A review of current prevalence of use statistics reminds students that most teens do not use drugs. The *Resisting Pressure Lines Game* strives to give students a sense of self-efficacy as they respond to pressure situations.

## Background Knowledge: Pre-Reading

### MYTHS AND FACTS ABOUT ALCOHOL, MARIJUANA, AND NICOTINE

Teens might experience pressures to try substances such as alcohol, nicotine, marijuana, or other drugs. Teens might feel like this is common among groups or just part of being a teenager. It isn't though. **Most teens actually don't use substances according to large, nationwide surveys.** Simply saying "no" to the pressures to use drugs is the easiest way to prevent drug use and prevent all of the negative consequences related to it.

*MYTH:* Most teens drink alcohol or use drugs.

*FACT:* The truth is most teens aren't drinking alcohol or using other drugs. According to nationwide data, very few teens drink alcohol or use any drugs.

*MYTH:* Alcohol is not a drug.

*FACT:* Alcohol is a drug that affects the brain. It slows down judgment, thought, and coordination. Mixing alcohol with other drugs can be extremely dangerous, in some cases deadly.

*MYTH:* Since marijuana is "natural," it is safer than other drugs.

*FACT:* Many "natural" substances also have toxic properties (like poisonous mushrooms and tobacco). While marijuana is a plant, its main psychoactive component is THC (Tetrahydrocannabinol), which affects brain function. Prolonged or frequent use of marijuana can adversely affect brain chemistry and body function. High-potency THC has been linked to short-term memory and coordination issues and unexpected poisonings.

*MYTH:* You can't get addicted to marijuana.

*FACT:* Increasingly, research is showing that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of cocaine, heroin, and alcohol. Chronic users can experience "withdrawal" symptoms (agitation, sleep problems) after stopping heavy use suddenly, as well as "tolerance" (needing larger doses of a drug to get the same desired effects that were once produced by smaller amounts). Many experts believe marijuana is addicting.

*MYTH:* Using drugs or drinking alcohol makes your problems disappear.

*FACT:* You may feel you have escaped your problems, but when you get sober, the problems are still there.

While **Marijuana**, hemp, or cannabis is a plant, the main psychoactive component that affects the brain function is known as **THC**. The strength, or potency, of THC can vary drastically, and the amount of THC that affects a person's brain function varies too. THC can affect people differently depending upon many things such as amount that is consumed, how it is consumed, body size, and prior exposure. High-potency THC is a

concerning drug especially for young teens because of the harmful mental and physical effects THC can have on their bodies.

*MYTH:* Marijuana makes emotions of fear, anger, stress, or depression go away.

*FACT:* Marijuana doesn't actually make those emotions go away. The effects of marijuana and THC can make the feeling of those emotions less or exaggerated. They are still there, and you'll have to learn how to cope with them once any effects of marijuana wear off.

*MYTH:* It is safe to drive after using marijuana.

*FACT:* Driving under the influence of marijuana is illegal. Marijuana affects important skills needed for safe driving like tracking and coordination. Thinking and reflexes also shut down making it hard to respond to sudden, unexpected events.

*MYTH:* Marijuana makes you more creative.

*FACT:* Marijuana may make a person feel more creative while high (because THC effect on the brain distorts perception), but actual performance is not better and can be worse. What seemed creative at the time doesn't always make sense afterwards.

*MYTH:* Marijuana makes you better at everyday tasks.

*FACT:* Marijuana can create an illusion of "magical thinking" but if anything, you become less competent because marijuana interferes with memory, perception, and coordination.

*MYTH:* Marijuana makes your problems go away.

*FACT:* You may feel you have escaped your problems by getting high, but when the effects of marijuana wear off, the problems are still there.

**Alcohol**, ethyl alcohol, or ethanol is an intoxicating ingredient found in beer, wine, and liquor that is produced by fermenting yeast, sugar and starches. Alcohol is a central nervous system depressant but affects every organ in the body. Alcohol is broken down by the liver but can only do so slowly. Therefore, it is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink, causing alcohol intoxication and harmful consequences.

*MYTH:* A can of beer will not have as much effect as a mixed drink or a shot of liquor.

*FACT:* A can of beer, a glass of wine, a mixed drink, and a shot of liquor all have about the same amount of alcohol and will have about the same effect.

*MYTH:* Alcohol is not as dangerous as other drugs.

*FACT:* Alcohol can be deadly. Coma and death can occur if alcohol is consumed rapidly and in large amounts (for example, four or more drinks in less than two hours). Even one drink can affect judgment and loss of control. Auto crashes are the leading cause of death among teenagers, and of these fatalities, over one third are alcohol-related.

*MYTH:* Black coffee and a cold shower can sober you up quickly.

*FACT:* Only time sobers you. The liver needs one hour to burn up one ounce of pure alcohol (the amount contained in a can of beer, glass of wine, or mixed drink). Coffee and cold water may make a person less sleepy, but neither improves judgment or coordination.

*MYTH:* Drinking makes uncomfortable feelings go away (anger, shyness, loneliness, frustration).

*FACT:* Alcohol may cover up uncomfortable feelings for a while, but they come back when you are sober again. Drinking isn't always an escape from uncomfortable feelings. The fact is that alcohol just as often has the opposite effect and intensifies feelings with sometimes devastating results: sadness (poor choices, crying fits, suicide ideation) or anger (domestic violence, rage).

*MYTH:* Most teens drink alcohol.

*FACT:* Most teens do not drink alcohol. According to the Monitoring the Future national survey, only about 6% of 8th grade students consumed alcohol in the past 30 days.

*MYTH:* Drinking alcohol when you are young helps prevent misuse later.

*FACT:* Teens' brains and bodies are still developing, and alcohol use can cause learning problems or lead to adult alcoholism. People who begin drinking by age 15 are five times more likely to misuse or become dependent on alcohol than those who begin drinking after age 21.

**Nicotine** is the main addictive and poisonous chemical in cigarettes and e-cigarettes, and often in vapes, whether the chemical is synthetic nicotine or derived from tobacco. Nicotine causes a person to crave it and suffer withdrawal symptoms if they ignore the craving. Nicotine is a toxic substance. It raises blood pressure and spikes adrenaline, which increases heart rate and the likelihood of having a heart attack.

*MYTH:* Vaping is a good way to quit cigarette smoking.

*FACT:* Although some companies and people have promoted vaping as way to help quit smoking cigarettes, the truth is e-cigarettes or vaping have not formally been approved as quitting devices. Studies have found that many people who intended to vape to quit the nicotine habit end up continuing to use both traditional cigarettes and also vape (known as "dual use"). Quitting smoking is one of the best things you can do for your health — smoking harms nearly every organ in your body.

*MYTH:* Smoking or vaping nicotine helps you think clearly.

*FACT:* You may believe that you are thinking more clearly, but nicotine smoked or vaped actually has no effect on the reasoning process in your brain. The initial nicotine "kick," which stimulates the central nervous system and causes a sudden release of glucose, and is followed by depression and fatigue, leading the smoker to seek more nicotine (dependence).

*MYTH:* Smoking or vaping nicotine calms you down and relieves stress.

*FACT:* Nicotine may appear to calm you down, but you're actually becoming addicted. You feel jittery & irritable when you don't have it (withdrawal), so using nicotine again makes that irritable feeling go away. If you are not addicted, cigarettes actually make you feel nervous.

*MYTH:* Smoking or vaping nicotine keeps you thin.

*FACT:* Nicotine stimulates the central nervous system, which may suppress appetite, but it doesn't change eating habits. When the effects wear off, you'll likely feel even more hungry and eat even more than you would've before.

*MYTH:* Vaping is safer than regular cigarettes.

*FACT:* E-cigarettes and vapes contain many cancer-causing and other toxic chemicals - including nicotine, formaldehyde, arsenic, aluminum, and lead. Vaping has been linked to dangerous respiratory problems. Also, teens who vape are actually more likely to end up smoking cigarettes if they try vaping first. Either way, nicotine is highly addictive and toxic substance. Research shows that teens that "vape only" are much more likely to start smoking traditional cigarettes and co-using them with e-cigarettes, thereby increasing the amount of nicotine they consume and exposing themselves to all the health risks associated with smoking traditional cigarettes. This point may need to be emphasized when some teens speak up to defend the practice of "only vaping."

In this lesson, the class will discuss the consequences of using nicotine. Here are facts about nicotine to read prior to the lesson.

### **1. What is addiction?**

It is when the body physically needs nicotine to feel okay. If you smoke one or two cigarettes a day for four or five days in a row, you can become addicted. Nearly one-third of people who try a single cigarette eventually develop dependence on tobacco.

### **2. Why does smoking cause your heart to beat faster?**

Nicotine is a stimulant - it elevates blood pressure, central nervous system functions, breathing and heart rate.

### **3. Does it help to stop smoking?**

Yes - and right away.

*At 24 hours after quitting:* the chance of a heart attack decreases.

*After 48 hours:* nerve endings start regrowing. The ability to taste and smell is enhanced.

*After 1-9 months:* coughing, sinus congestion, fatigue, and shortness of breath decrease.

*After one year:* risk of heart disease decreases to half that of a smoker.

*After 5-15 years:* stroke risk is reduced to that of people who have never smoked.

*After 10 years:* risk of lung cancer is half that of smokers.

*After 15 years:* risk of heart disease decreases to that of those who have never smoked.

**4. Is it harmful to be around people who smoke (secondhand smoke)?**

Yes. It causes lung cancer and heart disease. Young children are especially at risk. It can cause respiratory and ear infections and make children with asthma and other breathing problems sicker.

**5. How can you tell if someone is addicted to cigarettes?**

They can't get through a day without smoking a cigarette.

**6. Why does smoking make you dizzy?**

When you smoke, you inhale the carbon monoxide in the smoke. Carbon monoxide replaces oxygen in the blood. The blood then contains a lower level of oxygen, which is what makes you dizzy.

**7. Name two long-term respiratory problems caused by smoking.**

Chronic bronchitis and emphysema.

**8. What is emphysema?**

In a healthy lung, small bag-like clusters fill with air. Emphysema causes these bags to break down, so that your lungs cannot hold as much air.

***Prescription Opioids, Fentanyl, and Heroin: Information for Educators and Youth***

***Prescription Opioids***

**What Are Prescription Opioids?**

**Prescription opioids** are drugs that are used to treat pain and discomfort. They are often referred to as prescription “pain medicine,” “pain killers,” or “pain meds.” They are regulated medications that are usually manufactured in an **approved lab**. They **should only be used when prescribed by a doctor**. The most common prescription opioids are in pill form, and include names like oxycodone (OxyContin®, Percocet®), hydrocodone (Vicodin®), oxymorphone, morphine, codeine and fentanyl.

**How Do Prescription Opioids Make People “High”?**

Prescription pain medicine go directly to the brain to **reduce the body's perception of pain**. Painful sensations are replaced with other feelings or what is sometimes called a “high.” When someone keeps taking the drug over a long period of time, the body needs **more and more of it** to feel the effects.

**Why Might Teens Use Prescription Opioids?**

Sometime doctors prescribe these medicines for teens to help them with physical pain. Athletes may be prescribed them to help with the pain of a **sports injury**. Teens may also be prescribed them for the pain of **migraines or menstrual cramps**. While most people do not use prescription painkillers, some teens may be curious to use them.

**Why Is It Dangerous to Use Prescription Drugs Not Prescribed to You?**

The most important reason for not using prescription drugs that aren't prescribed for you is that the drugs can be **deadly**. An overdose of opioids can **cut off your breathing**

and result in **brain damage** and **death, even with only one dose**. And, unfortunately, these drugs are easy to overdose.

Prescription pain medications come in many forms and strengths, and the correct dosage that a doctor prescribes is different for every person. The only painkillers you should ever take should be prescribed by your doctor, purchased from a pharmacy, and taken according to your doctor's instructions while you are under their care.

Sometimes, these drugs are made in illegal labs. Painkillers that are purchased on the internet, on the street, or from someone you know are considered illegal. They are very dangerous because it is not known what is actually in them. Many teens do not know what is actually in them, what the drugs are for, or which pills are more powerful than others. They also don't know what dosages are dangerous and how these drugs react when combined with other drugs, such as alcohol, marijuana, or stimulants. **Combining drugs is extremely dangerous** and can affect doing simple tasks, or can cause death from stroke, heart attack, or respiratory failure (**inability to breathe**).

### **Are There Other Effects Besides Pain Relief or a "High"?**

Yes. Prescription opioids **slow down your breathing**, which can send too little oxygen to your brain making you tired or **confused**, and they can cause constipation and **nausea**.

### **Are Prescription Opioids Addictive?**

Yes. Using prescription opioids can lead to developing a dependence on the drug and **addiction very quickly**. The more often someone uses these drugs, the larger the dose they need the next time to get the same effect. Because of this, doctors are very careful when prescribing these drugs and only prescribe a dose that will work **for a specific patient and for a short period of time**. If these drugs are used in a way that is different from these instructions, it is considered illegal.

Continued use of these drugs produces both mental and physical cravings, dependency, and addiction. Mental symptoms of taking the drug away include depression and anxiety. Physical symptoms of withdrawal from an addiction include stomach cramps, aches, sweating, chills, nausea, shaking, and trouble sleeping.

## ***Fentanyl***

### **What Is Fentanyl?**

Fentanyl is a potent synthetic opioid that is up to 100 times stronger than morphine (a prescription opioid) and 50 times stronger than heroin (an illegal opioid). Fentanyl has contributed to an increase in drug overdose deaths in the United States. Even a very small amount of fentanyl can be deadly.

### **Why Might Someone Use Fentanyl?**

Pharmaceutical fentanyl might be prescribed by a doctor to treat someone for complex pain conditions, such as advanced cancer. However, illicitly manufactured fentanyl is illegally distributed because it is chemically similar to other opioids and can produce a



high. Fentanyl is often mixed with other drugs because of its extreme potency, making drugs cheaper, more powerful, more addictive, and more dangerous. Someone might not even know there is fentanyl in a drug.

## ***Heroin***

### **What Is Heroin?**

Heroin is an opioid drug processed from morphine. Heroin is a very addictive. It is an **illegal** drug usually sold as a white or brownish powder. **Most people do not use** heroin, but sometimes when a person is addicted to opioids, they may start using heroin for its effects. It is illegal to purchase or use heroin whether you are a teen or an adult.

### **How Does Heroin Affect the Body?**

Like other opioids, heroin affects the brain and briefly prevents the brain from perceiving pain. There can be a brief “high” of pleasant feelings, followed by feeling very sleepy and then feeling wide awake. When someone keeps using opioids, they need more and more of it to feel the same effects and to function normally; this is addiction. Any person who uses opioids can become addicted, and sometime become addicted very quickly.

## ***Safety***

### **What are the Overdose Risks of Prescription Opioids, Fentanyl, or Heroin?**

Synthetic opioids are the most common drugs involved in overdose deaths. Prescription opioids should only be taken as prescribed by a doctor, never shared with someone else, and never mixed with other drugs. Using an illegal opioid just one time is dangerous enough to cause an overdose and death because they are often mixed with other substances and there is no proof of what is actually in them, or the strength (or potency). Opioid overdose can occur from misusing any type of opioid, and it is life-threatening and requires immediate emergency care. Opioid overdose causes breathing and heartbeat to slow or stop completely.

### **What Can Be Done for an Opioid Overdose?**

A person experiencing an opioid overdose needs emergency care immediately to prevent death. Call 911 immediately; follow their instructions and possibly begin CPR if the person has stopped breathing. If available, treat the person with naloxone. Naloxone can be a life-saving medication that can reverse an overdose from opioids if given correctly and in time to prevent death. Naloxone is an opioid receptor antagonist that binds to the brain to temporarily block the effects of other opioids.

## Materials and Supplies to Prepare

- **Visual** – *Ground Rules*: you will save this for future lessons
- **Visual** - Poster: *Prescription Drugs Go Straight to Your Head*
- **Visual** - Poster: *Ways to Say “No”*
- **Visual** - Poster: *Smoking and Vaping Make You Less Attractive*
- **Visual** - Poster: *Nicotine Is Addicting*
- **Visual** - Poster: *Smoking Affects Your Heart and Lungs*
- **Visual** - Poster: *Marijuana Can Affect You Right Away*
- **Visual** - Poster: *Marijuana Can Damage You in the Long Run*
- **Visual** - Poster: *Alcohol Can Harm You Any Time You Drink*
- **Visual** - Poster: *Alcohol Can Damage You in the Long Run*
- **Visual** - Poster: *Vaping Leads To...*
- **Handout** - Optional student handouts

## Legend

We use the icons below to indicate what to say during the lesson, what to keep in mind as you facilitate the lesson, and what to display in the classroom throughout the lesson.

What to say	What to keep in mind	What to display
		

# Lesson Plan

## 1. Introduce Lesson



Optional to write “Project ALERT” on the board or chart paper, or optional to display the first slide of Booster Lesson 1 slides.



**You did the first part of Project ALERT last year. You may remember that Project ALERT is about three things:**

- 1. Why some people use drugs and why most people don't.**
- 2. How to recognize the pressures to use drugs.**
- 3. How to resist these pressures.**

**When we use the word “drug”, we mean any chemical substance that affects the brain or body. Therefore, the words such as substance, drug, or alcohol and other drug may be used interchangeably. Some information may focus specifically on nicotine, marijuana, alcohol, and prescription drugs because these are the substances that teens are more likely to encounter.**

**This year there are three review lessons.**

**How are you different from last year when you started Project ALERT?**



Examples could include:

- older,
- different friends,
- different school,
- more mature, and
- freedom for decision making, such as:
  - what food to eat
  - how to spend money
  - what clothes to wear
  - whether to take drugs



**You are more mature and have more decisions to make, and likely more pressure or stress to manage. Some of those decisions may involve drugs. This year we'll review the consequences of drug use, how to avoid using them, and how to make healthy decisions.**

**The decision whether to use substances or not is ultimately up to**

you. You need to know the health, legal, and social risks involved in using drugs, alcohol, and other substances so that your decisions can ensure a healthy, safe lifestyle. No one can make you use drugs and alcohol if you don't want to.

Project ALERT will help find ways for you to say “no” if you feel pressured.

Before we begin our activities, I want to discuss how we'll run the Project ALERT lessons. It's important to have some ground rules so that we all can feel more comfortable talking about substance use.

Last year with your teacher you established a set of ground rules. This year, since there are only three lessons, we're going to use the same set of ground rules that many of you came up with and agreed to follow last year.



Display visual: *Ground Rules*

These are the rules that we will all follow during Project ALERT:



1. **Respect:** No put downs. We will listen carefully to each other and treat all responses with respect.
2. **Participation:** Everyone tries to participate. We will encourage each other to participate in the activities.
3. **Confidentiality:** We all will keep things we hear in class private, unless I as the teacher am concerned about your wellbeing or safety. Go over district policy on reporting for safety.

These are important ground rules. Sharing our views about substance use and learning how to say “no” are sensitive topics. We want everyone to feel safe, and that means keeping what we discuss here private.

Today we're going to review some of the consequences of using nicotine, marijuana, and alcohol, and misusing prescription medication. Then we'll play a game about resisting pressures

## 2. Discuss Consequences of Using Nicotine, Marijuana, and Alcohol



Now we are going to do an activity in small groups in which you will write some consequences of using nicotine, marijuana, or alcohol.

**I'm going to divide the class into three groups. Each group will get a sheet of paper and be assigned to make one of the following lists:**

- **Group 1: Consequences of using nicotine**
- **Group 2: Consequences of using marijuana**
- **Group 3: Consequences of using alcohol**

**Each group should list at least five consequences on their sheet.**

**Each group will appoint a Recorder who will write down the group's responses, and each group will appoint a Reporter who will read aloud the group's responses to the class. Please take paper and writing utensils with you.**

**You'll have five minutes to work together to complete your lists.**

Break students into groups and assign a list to each group.

**Please begin.**



While students work in small groups circulate to help groups as needed.



**Time is up. We will hear from the first Reporter and share the lists. Let's begin with the Reporter of Group 1: Consequences of using nicotine.**

Reporter presents list of five consequence of using nicotine.



Possible student responses for consequences of using nicotine include:

- Hurts your health (lung cancer, lung disease, heart attacks, heart disease)
- Heart beats faster
- Coughing
- Dizziness
- Trouble at home or school
- Perform worse in physical activities
- Breath, clothes, and hair smell bad
- Become addicted
- Harder to breathe
- Yellow teeth
- Less money
- Expose others to second hand smoke

- Illegal for teens to purchase
- Death
- Chronic Obstructive Pulmonary Disease (COPD)

Correct any myths, misconceptions, or wrong information.

#### Nicotine Myths

Myth: It helps you think clearly.

Myth: It keeps you thin.

Myth: It's easy to quit later.

Myth: Vaping is safer than regular cigarettes.

Myth: Vaping is a good way to quit smoking.



If students suggest or defend the practice of only vaping:  
**Research shows that teens that “vape only” are much more likely to start smoking traditional cigarettes and co-using them with e-cigarettes, thereby increasing the amount of nicotine they consume and exposing themselves to all the health risks associated with smoking traditional cigarettes.**



**Now let's hear from Group 2's reporter on consequences of using marijuana.**

Reporter presents list of five consequences of using marijuana.



Possible student responses for consequences of using marijuana include:

- Can't concentrate or think
- Can't remember (loss of short-term memory)
- Slower reactions
- Can't drive safely (it's as dangerous as alcohol)
- Do something you might regret
- Feel anxious or panicked
- Hard to communicate
- Feel out of control, sick, and/or dizzy
- Get in trouble with the law/parents
- Appetite increases
- May see things that aren't really there/hallucinate
- Laugh a lot or become emotional
- Dependence (need marijuana to feel okay)
- Don't experience emotions or solve problems
- Have less money
- Decreased motivation

- Don't always know how potent it is – could get too high or paranoid and perhaps need to go to the hospital
- Poor performance or trouble at school (grades go down, sent out of class)
- Poor performance on the job
- Chronic cough/respiratory ailments/illness
- Worsen mental health issues like depression, anxiety, psychosis and schizophrenia
- Future high-risk use of other drugs such as alcohol, nicotine

Correct any myths, misconceptions, or wrong information.

#### Marijuana Myths

Myth: It takes away anxiety, anger, depression, problems.

Myth: It makes you creative, a better dancer, talker.

Myth: It is a plant so it must be safe.



### **Now let's hear from Group 3's reporter on the consequences of using alcohol.**

Reporter presents list of five consequences of using alcohol.



Possible student responses for consequences of using alcohol include:

- Lose control and lose coordination
- Get into a car crash
- Impaired judgement
- Slurred speech
- Pass out, lose consciousness
- Someone may do something to someone else without them knowing
- Physical and mental addiction to alcohol
- Depression
- Suicidal feelings
- Trouble at school, home, or in relationships
- Brain damage
- Liver damage
- Several types of cancer
- Heart Disease
- Weakened immune system

Correct any myths, misconceptions, or wrong information.

#### Alcohol Myths

Myth: It is not a drug.

Myth: It makes uncomfortable feelings go away.  
Myth: Most teens drink alcohol.



**You all remembered a lot. Very good lists.**

### 3. Discuss Consequences of Misusing Prescription Drugs



Display poster: *Prescription Drugs Go Straight to Your Head*



**Prescription opioids are prescribed by doctors to medically treat pain by interfering with pain messages sent to the brain. Examples include Oxycodone and Fentanyl.**

**Prescription sedatives are prescribed by doctors to medically treat anxiety, stress, and seizure disorders by slowing down normal brain function. Sedatives are benzodiazepines like Valium and Xanax.**

**Prescription stimulants are prescribed by doctors to medically treat depression, obesity, and ADHD by speeding up normal brain and body functions like heart rate and blood pressure. Stimulants are amphetamines, and Adderall is an amphetamine you might have heard of.**

**These prescription drugs affect the brain. Doctors' instructions are unique to the person and medical treatment.**

**Therefore, what are the important safety precautions for the safe and legal use of prescription drugs?**



Answers are:

1. Follow your doctor's instructions,
2. Don't mix medication with alcohol or other drugs, and
3. Don't share prescription drugs.



**Fentanyl is a potent synthetic opioid that is up to 100 times stronger than morphine and 50 times stronger than heroin. Fentanyl might be mixed with other drugs and sold illegally because of its extreme potency and strength, making drugs cheaper, more powerful, more addictive, and more dangerous. Someone might not even know there is fentanyl in a drug.**

**Fentanyl has contributed to an increase in drug overdose deaths in the United States.**



**Methamphetamine is potent stimulant that affects the brain and can be addicting. Long term use of this drug can lead to mood problems, violent behavior, anxiety, and confusion.**

**Doctors have guidelines when prescribing medications, especially for prescription medications that affect the brain and could become addicting. Therefore, doctors only prescribe a dose that will work for a specific patient and for a certain period of time. If these drugs are used in a way that is different from these instructions, it is considered illegal.**

**What do you remember from previous Project ALERT lessons about addiction?**



**Student responses might include:**

- the body building a tolerance to substance use and needing more to function,
- craving the substance,
- stopping use of the substance causes withdrawal symptoms, and
- trouble with family, friends, school, and other areas of life.



**You remembered a lot about addiction, great job!**

**It is very easy to become addicted to prescription drugs. So, it is important to use them according to a doctor's instructions and to never use someone else's prescription drugs.**

#### **4. Discuss Prevalence of Substance Use**



**After being reminded of the negative consequences of using drugs, you might feel motivated to avoid drugs. You might feel even more motivated to remember that you are not alone; most teens don't use drugs.**

**There is a national survey named Monitoring the Future that asks 8th, 10th, and 12th graders about their substance use. It asks them if they have used specific substances, like nicotine, marijuana, alcohol, and other drugs.**

**Based on nationwide data, if we had a room with 100 8th graders in it, there would be:**

- Only about 9 in 100 who used nicotine in the last month
- Only about 5 in 100 who used marijuana in the last month
- Only about 6 in 100 who used alcohol in the last month

**And if we had a room with 100 teens aged 12 to 17 in it, there would be less than 3 in 100 who had misused prescription pain medication in the last year.**

**What do you think about these numbers? Are teens using these substances?**

**You are correct; they aren't. Why do you think most teens don't use drugs?**



Typical student responses: concerns about their health, concerns about their brain, more desire to do other activities, more peer approval to not use.



**It might feel like you are the only one not vaping, drinking, or using other drugs, but it's not true. Remember, nonusers are in the majority.**

**It's less obvious who isn't using drugs because they have other, better things to talk about than what drug they used. Also, some people exaggerate about their use; they say that they've tried a substance, but they have not.**

**Nationally, most people your age do not use drugs and it's the same here at school.**

## **5. Review Sources of Pressure**



Display chart paper visual or write the title on the board: **Where Does Pressure to Use Drugs Come From?**



**We have shared many reasons not to use drugs, but there are pressures to use them. Now we're going to talk about where the pressures to use drugs come from.**

**Last year you came up with sources of pressure to use drugs. Let's have some volunteers help us list the five sources.**



**Where Does Pressure to Use Drugs Come From?**

- Friends and Peers
- Adults/Family
- Advertisements
- Social media, Internet sites, and Influencers
- Yourself



**Now, let's come up with an example of what a pressure from a friend or peer might sound like.**

**I'd like you to give me a pressure line or message that a friend might say if they pressured you to smoke pot, for example.**



Optional to write the suggested pressure line on the visual under "Friends."

- It won't hurt you.
- It's totally safe.
- It's no big deal.
- You're going to feel left out.
- The party won't be fun unless you do.
- You're not afraid, are you?



**Now, I'd like you to give me a pressure line or message that you might you be thinking if you were putting pressure on yourself to vape.**



Optional to write the suggested pressure line on the visual under "Yourself."

- If I try this, maybe that person will notice me
- What if I'm the only one who hasn't tried it
- I heard that is safe (or is good)
- Maybe doing it will change these feelings I'm having trouble with



**These are good examples to lead us into a game about resisting pressure lines.**

## 6. Play Resisting Pressure Lines Game



Display poster: Ways to Say "No"



**Now you'll be coming up with ways to resist pressure lines in small groups for the game.**

**We will divide into groups of about 3-6 students per group and choose a Recorder and a Reporter.**

**I will say aloud a pressure line that might come from one of these pressure sources. Each team will have thirty seconds to work as a team and decide a way to say 'no' to that pressure line. Try to think of something you would really say.**

**The Recorder will write the team's response on a sheet of the paper**

**I'm handing out. As soon as your group has a way to say 'no,' put a hand in the air.**

**When all hands are up, we'll go around to each group and the Reporter will share the team's way to say "no." We'll play four rounds (I'll read four pressure lines) in the game.**



Divide students into groups; distribute papers to Recorders; help assign Recorder and Reporter, if necessary.



**Remember to write the actual words you could say to resist the pressure line. You can refer to the 'Ways to Say No' poster for ideas but try to use responses that are true to you.**

**Let's begin; the first pressure line is ...**



Pressure Lines

Friends:

- It won't hurt you.
- It's totally safe.
- It's no big deal.
- You're going to feel left out.
- The party won't be fun unless you do.
- You're not afraid, are you?

Adult/Family:

- I can't get through the day without it.
- I've been using it for so many years.

Yourself:

- If I try this, maybe that person will notice me
- What if I'm the only one who hasn't tried it
- I heard that is safe (or is good)
- Maybe doing it will change these feelings I'm having trouble with

Social media, Internet sites, and influencers:

- People post themselves smoking pot or using alcohol and it seems like they are always doing using
- I vape all the time and it makes me feel great
- This product pays me to say I like it so you should probably try it

Advertisements:

- You'll look older

- You'll be cool
- Celebrities are doing it
- It will make you more attractive



**Well done everyone! Those were good responses. You really know how to resist the pressures to use substances.**

## 7. Wrap Up



**Today, we reviewed some of the many reasons not to use nicotine, marijuana or alcohol, and reasons not to misuse prescription drugs. You also identified sources of pressure and practiced resisting pressures to use these drugs.**

**In the next lesson, we'll see a video and practice saying 'no' to pressures to use drugs.**



**Optional student handout: Test Your Drug IQ. Take the test, and then check your answers. Some of the questions are review, and some are new. You are not expected to know all the answers. When you have completed the test, see me for the Answer Key.**

**Optional student handout: Prescription Opioids, Fentanyl, and Heroin: Information for Educators and Youth**

**This handout provides information about the misuse of prescription medications in particular the risks of prescription opioids and fentanyl.**